CLAIMS:

1. A composite board including:

a core having upper and lower surfaces and at least one aperture extending therebetween,

at least one upper reinforcing layer disposed on the upper surface of the core and at least one lower reinforcing layer disposed on the lower surface of the core, the upper and lower reinforcing layers each including at least one aperture extending therethrough, the apertures in the upper and lower reinforcing layers being in substantial alignment with each other and with the aperture or apertures in the core,

at least one tie member passing through the substantially aligned apertures, each said tie member having a first end portion protruding through said aligned apertures from said upper reinforcing layer and a second end portion protruding through said aligned apertures from said lower reinforcing layer, said first and second end portions being secured to a surface of said respective layers.

2. A composite board according to claim 1 wherein an additional reinforcing layer is provided on the upper and lower reinforcing layers.

3. A composite board according to claim 2, wherein the additional reinforcing layers are each provided with at least one aligned aperture for accommodating the at least one tie member.

4. A composite board according to claim 1 wherein each of said at least one tie member is formed from triaxial E-glass.

5. A composite board according to claim 1 wherein a pair of tie members is provided in said aligned aperture or apertures.

6. A composite board according to claim 1 wherein the core is made from foam.

7. A composite board according to claim 1 wherein the board is impregnated with resin.

8. A composite board according to claim 1 wherein each reinforcing layer is biaxial or unidirectional.

10. A composite board according to claim 1 wherein each reinforcing layer is formed from fibreglass.

11. A composite board according to claim 10 wherein each reinforcing layer is formed from E-glass, R-glass, Te-glass or S-glass.

12. A composite board according to claim 1 wherein each reinforcing layer is formed from carbon.

13. A composite board according to claim 1 wherein two or more reinforcing layers are provided on either side of the core, one layer being unidirectional and the other layer being biaxial.

14. A composite board according to claim 13 wherein a first reinforcing layer adjacent the core is formed from biaxial E-glass and a second layer adjacent the first layer is formed from unidirectional R-glass.

15. A skateboard having

a deck formed from the composite board according to claim 1.

16. A process for preparing a composite board including

placing into a mold a core having upper and lower surfaces and at least one aperture extending therebetween, positioning at least one upper reinforcing layer on the upper surface of the core and at least one lower reinforcing layer on the lower surface of the core, the upper and lower reinforcing layers each including at least one aperture extending therethrough, the apertures in the upper and lower reinforcing layers being in substantial alignment with each other and with the aperture or apertures in the core, passing at least one tie member through the substantially aligned apertures, each said tie member having a first end portion protruding through said aligned apertures from said upper reinforcing layer and a second end portion protruding through said aligned apertures from said lower reinforcing layer, and securing said first and second end portions to a surface of said upper and lower layers, respectively;

filling the mold with resin and

allowing the resin to cure.